



Children - 1 to 2 Year Old



Ask your WIC clinic about possible choices.

EACH MONTH YOUR CHILD WILL RECEIVE:

Whole Milk	4 gallons
Breakfast Cereal	36 ounces
Juice	2 64 ounce containers
Eggs	1 dozen
Canned Beans	4 14-16 ounce cans
Whole Wheat Bread, Brown Rice, or Whole Wheat or Soft Corn Tortillas	32 ounces
Fresh, Frozen or Canned Fruits or Vegetables	\$6.00 worth

